

# File:Evidence-based medicine EBM.pdf

## Evidence-based medicine (EBM)

### Abstract

The goal of Evidence-based medicine (EBM) is finding the most appropriate solution there is to give in the broad field of medicine at that exact state of time and studies in a present case. EBM gives the best possible way of approach and leadership towards a decision by taking all valuable sources into consideration which matter in scientific view. Within EBM, evidence is classified by its strength in aspect of the accuracy, relevance in today's state of research as well as extent and depth of studies and with it along its evaluation. There is contribution of strong and weak evidence. Strong evidence refers to results from meta-analyses, systematic reviews and randomized controlled trials, thus those kinds of results are recommended highly. Weak recommendation on the other side will be yielded by methods that use fewer resources than the highly recommended ones and are consequently lower ranked. Originally EBM was thought of as a method that ascertains different approaches of physician in individual cases. This field nowadays includes the use of evidence in the definition of standards of approximating certain groups and populations<sup>[1]</sup>.

### Main concept of EBM

The main concept of EBM is that it gives healthcare decisions a structured process that help professionals decision and let patients to choose the best available healthcare interventions for the outcomes they are seeking. Because it involves routine use of research evidence, evidence-based medicine was literally impossible before the advent of large electronic databases of research. more over, EBM provides clinicians with practical information and tools for assessing best practice in relation to individual patients that until recently were simply unavailable<sup>[2]</sup>.

### EBM guidelines

EBM Guidelines is an easy-to-use collection of clinical guidelines for primary and ambulatory care linked to the best available evidence. Continuously updated, it also follows the latest developments in clinical medicine and brings evidence into practice.

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Evidence-based guidelines, also called clinical practice guidelines, are well-organized, developed statements to help practitioners and patient decisions about appropriate healthcare for specific clinical issues. Clinical guidelines have become common in the practice of medicine. Most well-constructed clinical guidelines are developed using a specified method that incorporates principles of EBM and consensus recommendations made by a panel of experts. Although clinical guidelines may describe standard practice, clinical guidelines alone do not establish the standard of care for an individual patient.

EBM Guidelines is designed to provide you with the information that you need, using one search term, very fast. Made for use at the point of care, the guidelines are delivered in a format that makes it easy for a clinician to make a decision about a treatment.

#### Why is EBM Guidelines a vital tool for all primary care physicians?

- Core clinical knowledge: nearly 1,000 concise primary care practice guidelines
  - Trusted evidence: Over 3,000 quality graded evidence summaries, supporting the best recommendations
  - Find the solution: Powerful software and indexing (including MeSH and ICD-9) enabling quick and efficient searching
  - Watch the experts: An expanding collection of videos (currently over 80), showing clinical examinations and procedures, and ultrasonographic examinations
  - See the problem: A searchable library of over 1,000 high-quality photographs and images including extensive collections of dermatological and eye images from the problem. Audio samples linked to articles, including descriptions of pulmonary diseases and heart murmurs in children
  - Continue to learn: An Evidence-Based Medicine Research Alert within EBM Guidelines are provided in full text
- Key functionalities: Tools for the calculation of years expiring, flow rate variation, body mass index and LDL cholesterol, amongst others!

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EVIDENCE BASED MEDICINE

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